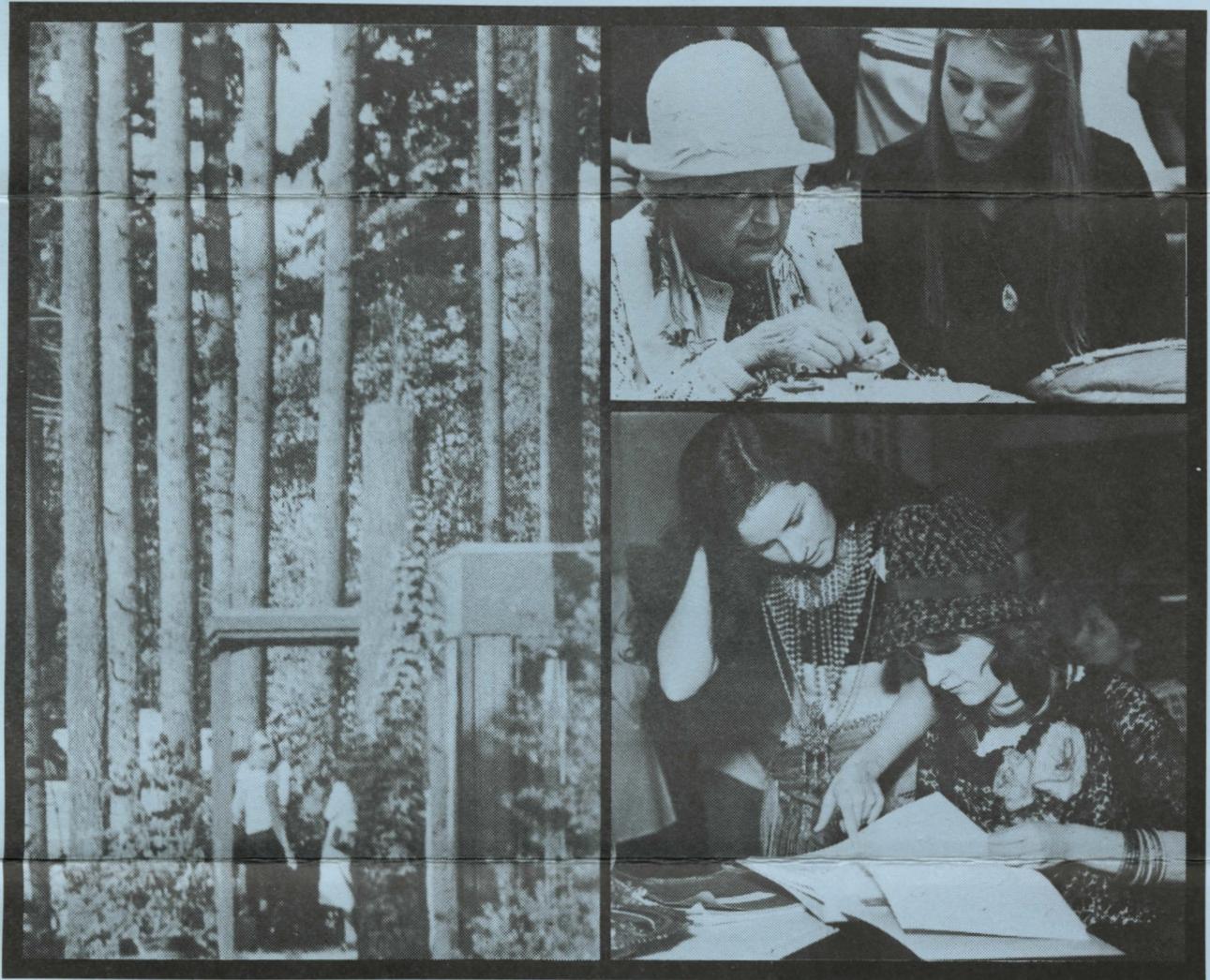


**WOMEN'S RESOURCE  
CENTRE**

**Capilano College**



**FALL 1982**

Community Resources File ● Library Materials  
Credit-Free Activities ● Life and Career Planning  
On-Campus Programs



# WOMEN'S RESOURCE CENTRE

## Short Courses

For All Courses Held on a Saturday Pre-Registration is Essential

The Women's Resource Centre at Capilano College provides a variety of programs available to members of the community. These include credit-free courses, a Community Resource File for the North Shore, library materials, custom-designed credit-free courses, on-campus workshops and, with the Counselling Division, drop-in counselling, testing and life-planning.

For further information, please call Women's Resource Centre, 986-1911, local 350, or visit the Centre located at Capilano College, South Campus, B135, during our Open Hours: Monday to Friday: 9:00 am to 4:30 pm.

Counsellors are available for information and discussion without an appointment. If you have questions about returning to school, entering the labour market, identifying your skills and interests, or any personal concerns, phone the Women's Resource Centre to arrange an appointment (986-1911, local 350) or visit us.

## Special Workshops

### Strategies for Confidence Building

Confidence is not an attribute some lucky few naturally have; it is an attitude that is acquired. In this course we will use concrete skills such as interpersonal communication, assertiveness, transactional analysis and behavioural contracting as a way to develop self-confidence. This course involves small group discussion and will require active participation by those attending.

WRCN31511  
Monday, Wednesday, Friday, 9:30 to 11:30 am, Sept. 20, 22, 24  
3 sessions Fee: None Highlands United Church  
Instructor: Andrea Kiss

WRCL31511  
Monday, Wednesday, Friday 9:30 to 11:30 am, Nov. 1, 3, 5  
3 sessions Fee: None Women's Resource Centre B-135  
Instructor: Andrea Kiss

### How to Decide: Life and Career Planning for Women

This course is designed to help participants assess their present situation and clarify possible options for change. We will identify existing and potential skills, develop short and long term goals, and make action plans for reaching those goals. The steps involved in decision-making will be covered.

WRCN31611  
Wednesday, Thursday, 9:30 to 11:30 am, Oct. 13, 14 and  
Monday, Wednesday, and Thursday, 9:30 to 11:30 am, Oct. 18,  
20, and 21  
5 sessions Fee: None Highlands United Church  
Instructor: Carol McCandless

WRCL31611  
Monday, Wednesday, and Thursday, 9:30 to 11:30 am, Nov. 15,  
17, and 18, and Monday, Wednesday, 9:30 to 11:30 am, Nov. 22, 24  
5 sessions Fee: None Women's Resource Centre B-135  
Instructor: Carol McCandless

### WRCL 31711 Going or Returning to Work

This workshop will cover job search techniques; how to write a resume; writing covering letters; getting references; making contacts; pinpointing opportunities; how to handle an interview, fielding questions; what to expect.

Wednesdays, 7:00 to 10:00 pm, October 27 and November 3  
2 sessions Fee: None Women's Resource Centre B-135  
Instructor: Andrea Kiss

## Drop-in Services

### WRCL 31811 Drop-in Legal Service

If you would like some quick answers to some legal questions or if you are unsure of your basic legal rights, drop-in at the Women's Resource Centre where a lawyer will be available to discuss your questions with you.

4:00 to 6:30 pm Resource Person: Helen Pinsky, Lawyer  
Thursdays, September 16, 30, October 14, 28, November 4, 18, and December 2  
Women's Resource Centre, South Campus, B135 Fee: None

### WRCL 31911 Drop-in Job Search Service

This service will give you the opportunity to seek the information you need in your personal job search. Topics of interest could be goal-setting, preparing for an interview, drafting a covering letter, finding out more about different occupations, and putting together a resume. Andrea Kiss or Carol McCandless, both of whom have had several years' experience in job search and job research skills, will be available to answer your questions.

2:00 to 4:00 pm Resource People: Andrea Kiss and Carol McCandless  
Wednesdays, September 29, October 13, 27, and November 17  
Women's Resource Centre, South Campus, B135 Fee: None

### WRCL 31411 Displaced Homemakers

Tuesdays, 1:30 pm, starting Sept. 14 Fee: None Women's Resource Centre B135

The displaced homemaker is a full-time homemaker who has been "displaced" from her chosen career by death of a spouse, divorce, or other loss of family income, and who must become self-supporting. The displaced homemaker is often unaware of her own abilities, and is emotionally and vocationally unprepared to compete in the job market. She often faces additional hurdles in seeking employment because she is older and lacks recent paid work experience.

If this describes your situation, join other women like you, at any time during the term, in a supportive atmosphere in the search for a more satisfactory lifestyle.

Instructor: Andrea Kiss

## Registration Form

Name ..... Phone .....  
Address .....  
Course No. ....Course Name .....  
Course No. ....Course Name .....

Send registration information  
to Capilano College, Credit-Free Dept., 2055 Purcell Way, North  
Vancouver, B.C., V7J 3H5, or drop-in at the Credit-Free Education offices  
at 778 Premier St., North Vancouver. For information, call 986-1911, L.350.

### WSCL 32511 Wen-Do: Women's Self Defense

Tuesday, 7:30 pm to 10:00 pm, starting September 21  
6 sessions Fee: None Lynnmour Centre ND101

Wen-Do is an effective system of self-defense developed specifically for women and in those situations they may encounter. It includes mental and physical exercises, meditation, breathing techniques, as well as ways to deal with harassment in all types of situations. It teaches self-confidence and self-determination - the realization that you are not completely helpless and that you can be effective in your environment. The discussions are on such topics as Awareness and Avoidance of Attacks, Women and the Law, Emergencies, Rape, Aggression, Verbal Self-Defense. Each participant is asked to wear loose, comfortable clothing and bring a firm sofa cushion, ensoite pad or similar object, which will be used to punch and kick as well as to sit on.

Instructor: Gaye Ferguson

### WSCL 32521 Intermediate Wen-Do

Tuesday, 7:30 pm to 10:00 pm, starting November 2  
6 sessions Fee: None Lynnmour Centre ND101

This course is a continuation of the basic Wen-Do. It includes techniques as well as review and practice of basics. "Intermediate Wen-Do" is the beginning stage of gaining ranks in this system of self-defense.

Open to any women who have completed the basic program in Wen-Do.

Instructor: Gaye Ferguson

### WSCL 32401 Career Crossroads

Wednesday, 7:30 pm to 9:30 pm, starting September 22  
5 sessions Fee: None Women's Resource Centre, South Campus B-135

Employment opportunities in the 1980s demand that women expand and/or change their vocational choices. If you are in a dead-end job or frustrated with your present field of work, you may want to consider a career change. In this program, you will learn to assess your present situation, explore new career options and become familiar with retraining opportunities. You will be actively involved in designing your future career - by choice, not by chance.

Instructor: Barbara McBride

### Communicating More Confidently

Assertive behaviour allows a person to express honest feelings comfortably, to be direct and straightforward and to exercise personal rights without denying the rights of others and without experiencing undue anxiety and guilt. Three styles: Non-assertion, aggression, and assertion, will be explored. An emphasis will be placed on practicing the components of becoming more assertive.

WSCN32301  
Tuesday, 10:00 am to 12:00 am, starting October 5  
5 sessions Fee: None North Vancouver City Library  
Instructor: Gerrie Waugh

WSCW32301  
Tuesday, 7:00 pm to 9:00 pm, starting October 5  
5 sessions Fee: None West Vancouver Library  
Instructor: Vera Radio

WSCN32302  
Saturday, 9:00 am to 4:00 pm, November 20  
1 session Fee: None Highlands United Church  
(for Saturday session, please bring bag lunch. Coffee and cookies provided.) Pre-registration by November 17 is necessary.

Instructor: Gerrie Waugh

### WRCL 31011 A Film Series for Women

Thursdays, 7:30 pm to 9:30 pm Fee: None Lynnmour Centre ND101  
September 23 "Right Out of History," by film-maker Johanna Demetrakas

- This film shows how Judy Chicago and the people who came to work in her studio struggled to rescue the accomplishments of women from historical oblivion. In the process, the individuals involved were transformed by their participation.

October 14 "Not a Love Story," by Bonnie Sherr Klein

- A close examination of the pornography industry from footage of live sex and peep shows to interviews with feminists and a psychologist. This graphic and hard-hitting documentary examines pornography as an industry, the production of pornography, and the effects of pornography on us all.

October 28 "Loved, Honoured, and Bruised," directed by Gail Singer

- Jeannie, married sixteen years, left her husband because he physically and mentally abused her. With the help of social workers and the welfare and legal systems, she obtained a separation and started a new life for herself and her children. This film shows the various stages involved in this process.

### CAP005 Career Alternatives Program

Mondays and Wednesdays, 9:00 am to 1:00 pm, starting September 8,  
ending December 15 Fee: \$93 + \$10 Lynnmour Centre H112

The Career Alternatives Program is organized around four main objectives; first, assessment of your interests, abilities, skills, lifestyle, and priorities; second, finding out about different career fields; third, learning job search skills (such as interview techniques and resume writing); fourth, an introduction to techniques designed to build your confidence and develop your communication skills.

Students may focus on some or all of these objectives, and may take part of, or all of the course. Please consult with the instructors if you wish to determine which parts of the course suit your individual needs.

Instructors: Carol McCandless  
Andrea Kiss

### CAP006 Taking the Mystery out of the Trades Mystique:

#### A Pre-Trades Orientation for Women

6 Tuesdays, 7:00 to 10:00 pm, and 2 Saturdays, 9:00 am to 4:00 pm,  
starting Tuesday, October 5  
8 sessions Fee: \$25.75 + \$10 Women's Resource Centre B135

Although women currently make up 40% of the labour market in B.C., most are concentrated in only a very few occupations. Women continue to be severely underrepresented in most occupations, especially in the skilled trades. The purposes of this course are to expose women to a much broader range of career choices, and to encourage and prepare those who choose non-traditional occupations for further training.

Instructor: Andrea Kiss and  
Tradeswomen

### Women's Night

Tuesday, 8:00 pm, October 5, Anne MacDonald Hall, 333 Chesterfield Fee: None

The Women's Resource Centre is presenting a film and discussion on Women and Pensions at the North Shore Women's Centre Women's Night. Edith Nee, the B.C. member of the Canadian Advisory Council on the Status of Women, and Chairperson of the Conference, Pensions - Focus on Women, will lead a discussion after a half-hour videotape on:

Women and Pensions: The Problem

# Saturday Workshops

## WSCN 32011 Teaching Sexuality to Your School-Age Children

Saturday, 10:00 am to 4:30 pm, September 25  
1 session Fee: \$24 Highlands United Church

During this one-day workshop, we will discuss the general and sexual development of children. There will be information about discussing sexuality with children of different ages, with plenty of time for questions and discussion.

There will be a practice session on useful communication skills, and parents will be given resource information in the form of handouts and audio visual presentations.

Bring a bag lunch. Coffee, cookies and fruit will be provided.  
Pre-registration deadline: September 22

Instructor: Barbara Heftrin, Educational Officer of Planned Parenthood

## WSCN 35111 Women and Work

Saturday, 9:00 am to 3:30 pm, October 2  
1 session Fee: None Highlands United Church

The conference is for women of all ages and stages who work inside or outside the home.

Women's role in the work force will be examined on various levels, from employment opportunities to non-traditional occupations for women. There will be discussion on career planning and the stress of dual careers in the lives of women.

### Morning

**Overview** Julie Morrow: Manager of the Women's Office and Manager of the Lower Mainland Region of the Employment Opportunity Programs Branch of the B.C. Ministry of Labour

**Employment Opportunities: A New Look at Skills for Women** Carolyn Lawson: North Shore Manager of Canada Employment and Immigration Centre

**Non-Traditional Trades for Women** Kate Braid: From "Women in Trades," a Province-wide organization.

12:00 to 1:00 Lunch

### Afternoon

**Dual Career Couples** Suzanne Kenny: A family therapist in Counselling Psychology. She is also a partner in a dual career marriage.

**Career Decisions: What's Involved** Diane Waterman: A Registered Psychologist who does Life and Career Planning for Women

Bring a bag lunch. Coffee, cookies and fruit will be provided.  
Pre-registration deadline: September 29

## WSCN 32302 Communicating More Confidently

Saturday, 9:00 am to 4:00 pm, November 20  
1 session Fee: None Highlands United Church

Instructor: Gerrie Waugh

Bring a bag lunch. Coffee, cookies and fruit will be provided.  
Pre-registration deadline: November 17

(see 'Short Courses' for description)

## WSCN 35211 Women and Pensions

Saturday, 9:30 am to 3:30 pm, October 23  
1 session Fee: None Highlands United Church

Almost three out of every four women find themselves alone sometime in their adult lives, victims in most cases of marriage breakdown or widowhood.

- In 1975, 81% of unattached women over 65 had no private pensions at all
- Only 27% of employed women participate in private pension plans, compared to a 40% rate for all salaried workers
- Less than 10% of Canada's widows over 65 receive any survivor benefits from the Canada Pension Plan
- Less than 45% of widows aged 50 - 64 received survivor benefits from the Canada Pension Plan

This will be a forum for discussion about the benefits and lack of benefits now present in the pension system, with emphasis on what the participant can do with her own individual pension plan.

The workshop will be co-sponsored with the North Shore Women's Centre.

### Agenda

9:30 - 10:30 am	Overview	Edith Nee: B.C. Member of CACSW and Chairperson of "Pensions: Focus on Women" Conference
10:30 am	Coffee	
10:45 am - 12:00 noon	Personal Solutions:	Edith Nee
12:00 - 1:00 pm	Lunch	
1:00 - 3:30 pm	Pension Reform	Renate Bublick: Social Planner in Richmond and active in Pension Reform

Bring a bag lunch. Coffee, cookies and fruit will be provided.  
Pre-registration deadline: October 20

## WSCN 35011 Stress and Women

Saturday, 9:00 am to 4:00 pm, November 6  
1 session Fee: None Highlands United Church

What is stress? Is all stress bad? Is stress different for women in the home than it is for women in paid employment?

This conference will provide an opportunity for participants to identify sources of stress and learn about how to prevent and manage it.

### Morning

Identifying Sources of Stress: Signs and Symptoms	Judith Bass, R.N., M.Sc.
Knowing and Handling Your Stressors	Judith Bass, R.N., M.Sc.

### Afternoon

Physical Complaints and Common Remedies	Carol Herbert, M.D.
Ways to Relieve Stress: An Introduction to Hypnosis	Tanya Wulff, M.D.

Bring a bag lunch. Coffee, cookies and fruit will be provided.  
Pre-registration deadline: November 3